

A decorative border with a repeating floral pattern in shades of pink and brown surrounds the text. The pattern consists of stylized leaves and flowers.

Dear Parents and Participants:

Welcome to Summer Fun & Fitness!

Your child will be having fun playing outside and exploring the hills. The summer will consist of your child participating in hikes through Spearfish Canyon and visiting nature's waterfalls, swimming at Roubaix Lake, and visiting attractions available in the wonderful Black Hills. The attractions we will be exploring are Reptile Gardens, Mammoth Site, Evan's Plunge, and much more. These trips will have an additional fee to the cost of Fun & Fitness; we will keep the cost under \$15 (cash only) for each trip. On trip days, the van will be leaving at 10:00 and will not return till 5, unless prior arrangements are made.

Your child will be participating in many outdoor activities, so we ask that your children wear appropriate clothing. Fun & Fitness asks that your child wear tennis shoes everyday, unless we are going to the lake then sandals are appropriate. An item your child needs to bring is SUNSCREEN (spray preferably), we ask you to keep the sunscreen there all summer. We will try to have sunscreen available for the children who forget.

Your child will need to bring a sack lunch everyday. The sack lunch needs to consist of a fruit, a vegetable, a protein, and water. The lunches need to be well balanced with no junk food. Fun & Fitness will offer healthy snacks in the afternoons for your child. If your child needs any additional snacks, you will have to provide them.

Again welcome to Summer Fun & Fitness. Working together we hope to have a successful and fun summer. If you have any questions or concerns contact the Community Center at 347-6513.

Fun & Fitness Staff